



BREAST FEEDING;

AWARENESS AND COMPLEMENTARY FEEDING IN MOTHERS OF CHILDREN WITH SEVERE ACUTE MALNUTRITION AT NUTRITION STABILIZATION CENTRE CHILDREN HOSPITAL AND INSTITUTE OF CHILD HEALTH MULTAN.

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ABSTRACT: . . . **Background:** Breast feeding is the most natural way of feeding the infants and help to reduce child mortality and morbidity and millions of deaths could be prevented each year if mothers were aware of benefits of exclusive breast feeding for 4 -6 months and early initiation of breast feeding. **Objective:**To evaluate the awareness regarding breast feeding and complementary feeding in mothers of severely malnourished children. **Study Design:** This is a descriptive /cross sectional study. **Place and duration of study:** This study was conducted at the department of preventive pediatrics Children hospital and institute of child health, Multan from March 2013 to September 2013. **Materials and Methods:**This study included a total of 100 females that were the mothers of malnourished children visiting the follow up room of department of preventive pediatrics Children hospital and institute of child health, Multan. A questionnaire was designed and others were interviewed in detail after taking proper consent. **Results:**In this study, the mean age of the sample was 25 years \pm 3 years. 70 % females (70/100) were from urban areas while 30 % (30/100) were from rural areas. Of the 100 respondents 54% (54/100) of mothers were illiterate and this study showed that 99% (99/100) considered breast milk safe and effective than other feeds but practically only 23%(23/100) babies were breast fed while 77%(77/100) were bottle fed. Pre-lacteal feed was given by 82% (82/100). According to 58% (58/100) mothers there should be a early initiation of breast feeding, while 57% (57/100) were un aware of the facts that clostrum should be given while 43 % (43/100) of then considered it unhealthy and non effective, 82% (82/100) considered 4 months a period of exclusive breast feeding, 61% (61/100) were counseled by doctors regarding the benefits of breast feeding, 50% (50/100) were aware of the use of exclusive breast feeding as a contraceptive tool and 34 % (34/100) were aware of its importance for the prevention of breast cancer. **Conclusion:**The findings of the study indicated the various important policy implications for the intervention of breastfeeding. Strategies to encourage mothers to follow breastfeeding recommendations should concentrate on improving their knowledge.

Key words: Awareness, breastfeeding, mothers, child malnutrition, stabilization:

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INTRODUCTION

Malnutrition is a common health problem of Pakistan and according to National nutrition survey 2011, 15% of the children are severely malnourished and poor feeding practices that lack of breast feeding and complementary feeding contributes a lot to malnutrition.¹ Adequate nutrition is essential in early childhood to ensure healthy growth and development of child.² Breast milk is elixir of life for babies and is available free of cost with no storage issues everywhere but now people are refusing to get

its benefits.³ The reduction of infant and young child malnutrition is essential for the achievement of Millennium Development goals (MDGs) and for that importance of breastfeeding is accepted globally. In 2001, World Health Organization declared that infant should be exclusively breast fed for six months and initiation of complementary feeding is necessary after six months along with breastfeeding.⁴ It is stated that millions of deaths could be prevented each year if all babies should be breast feed for 4-6 months and there is early initiation of complementary feeding.⁵

Non breast fed babies have 11 times more chances of diarrhea and 15 times more chances of having pneumonia as compared to breastfed babies. In spite of too much benefit of breastfeeding mothers are now not well to nurture their babies with this precious gift of nature and prefer bottle feeding. According to Pakistan demographic and Health survey 2012-2013 just 37% of children under 6 months are breast fed and rate of early initiation of breastfeeding is just 28%. Recently for the management of malnourished infants less than 6 months a project MAMI, Management of Acute Malnutrition is introduced with an objective to establish breast feeding in malnourished children along with early initiation of complementary feeding.⁶ If we have to improve health statistics we have to focus on primary health care and preventive pediatrics and there is a need to educate mothers. The rationale of carrying out this study was that to assess the knowledge of mothers regarding breastfeeding and complementary feeding and to counsel them for its importance and to tackle all their myths and beliefs regarding breastfeeding.

MATERIALS AND METHODS

This study was carried out at the department of preventive pediatrics Children hospital and institute of child health, Multan from March 2013 to September 2013. The study was descriptive /cross sectional. A questionnaire was designed and all mothers were interviewed in detail after taking proper consent. A questionnaire was discussed with two senior doctors (>8 years' experience) working at the preventive pediatric department, the children's hospital & the institute of child health Multan. It was revised to incorporate the recommended improvements. Data was analyzed statistically the means of portable IBM Statistics (Statistical Package for Social Sciences) version 20. The researcher used descriptive statistics, which include frequency, percentage, mean and standard deviations. Respondents' anonymity and confidentiality were ensured. Inform consent was obtained from all the respondents, they were answered calmly. This study included a total of 100 females that were the mothers of malnourished children visiting the follow up

room of the department of preventive pediatrics Children hospital and institute of child health, Multan. Respondents voluntarily participated in this study. Respondents were encouraged and briefed to ask for the additional information or questions.

Sample size	100 females
Mean age	25years+/_ 3 years
Area	70 % females (70/100) were from urban areas while 30 % (30/100) were from rural areas.
Education	46% of females were literate.
Table-I. Demographic Characteristics of women (n=100).	

RESULTS

In this study the mean age of sample was 25years +/_3 years. 70 % females (70/100) were from urban areas while 30 % (30/100) were from rural areas. Of the 100 respondents 54% (54/100) of mothers were illiterate and this study showed that 99% (99/100) considered breast milk safe and effective than other feeds but practically only 23% (23/100) babies were breast fed while 77% (77/100) were bottle fed. Prelacteal feed was given by 82% (82/100). According to 58% (58/100) mothers there should be a early initiation of breast feeding, while 57% (57/100) were un aware of the facts that clostrum should be given while 43% (43/100) of then considered it unhealthy and non effective, 82% (82/100) considered 4 months a period of exclusive breast feeding, 61% (61/100) were counseled by doctors regarding the benefits of breast feeding, 50% (50/100) were aware of the use of exclusive breast feeding as a contraceptive tool and 34% (34/100) were aware of its importance for the prevention of breast cancer. 93% (93/100) mothers were aware of benefits of complementary feeding but only 54% (54/100) were giving it while 46% (46/100) considered it to cause pneumonia. 68% (68/100) of mothers were using cerelac as complementary feed.

Figure-I. described the distribution of respondents by their knowledge about the benefits of breast feeding. Of the 100 respondents 99 percent of the respondents agreed about the benefits of breast

feeding and 1 percent of the respondent were not agreed.

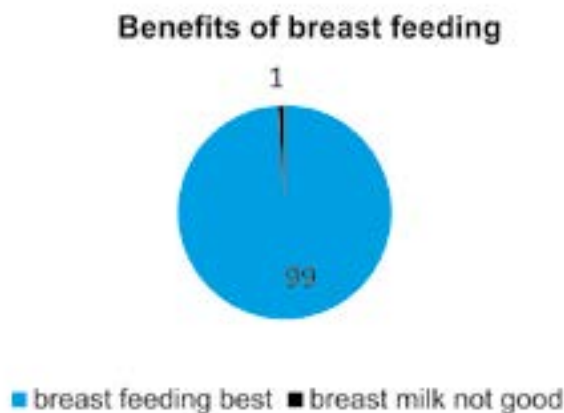
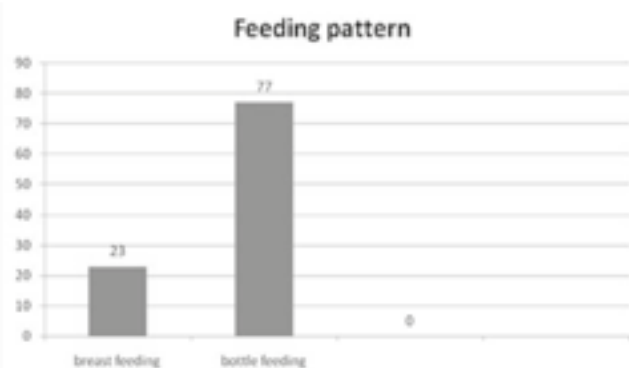


Figure-1. Befenits of breast feeding

Figure 2 describes the distribution of respondents by their feeding pattern. Of the 100 respondents 77 percent respondents were using the bottle feeding and 23 percent respondents were agreed about breast feeding is very important for the batter health of child.



Distribution of respondents by their feeding pattern.

DISCUSSION

Breast feeding is the natural way of nurturing babies. This research was done with an objective to assess the awareness and knowledge of mothers of severely malnourished mothers regarding breast feeding and complementary feeding. Despite of various efforts and emphasis on breastfeeding worldwide unluckily breast feeding trend and rate of exclusive breast feeding are very low in Pakistan as compared to other Asian countries.⁷ This research shows that although 99% were aware that breast feeding is

the best but practically just 23% of them breast fed their babies and 77% were giving bottle feeding. These results are similar to Pakistan Demographics and Health survey 2012-2013 that shows that Pakistan has lowest exclusively breast feeding rates in Asia 37% and no competitor in the race of bottle feeding while prevalence of breast feeding in srilanka is 76%, Nepal is 70%,Bangladesh is 64%,India 46%.One study from Yemen also emphasis the role of exclusive breast feeding and early complementary feeding in reducing the children mortality.⁸ Similarly study done at Karachi reveals that 50% of sample population has no awareness regarding breastfeeding and importance of clostrum, In our study 43% considered it unhealthy.⁹ This shows that despite the well known benefits the increasing trends of bottle feeding and decreasing trends of breastfeeding are due to urbanization and advertisements of breast feeding substitutes and lack of proper implementation of National Breast feeding legislation.¹⁰ This study showed that complementary feeding practices are also not satisfactory and 46% of mothers not giving it to their babies with a fear of pneumonia, these results are similar with other studies and poor complementary feeding is a contributory factor increasing burden of malnutrition in age group between 6 months to 18 months.^{11,12} This study suggest that there should be more focus on primary health care by government and lady Health workers programmes need to be strengthen and policies should be planned for proper guidance of mothers and most important is there is proper check over breast Milk substitute sale and advertisement. This data reveal that Breast feeding trends seems to be vanishing and bottle feeding is a very common practice, and most of the mothers were giving commercially available cereals as initial complementary diets. Health education and awareness is the demand of the day.


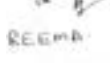

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AUTHORSHIP AND CONTRIBUTION DECLARATION

Sr. #	Author-s Full Name	Contribution to the paper	Author=s Signature
1	Dr. Sadia Khan	Main investigation, Design the structure of the work	
2	Prof. Dr. Imran Iqbal	Find the erlevant literature and review.	
3	Reema Arshad	Design the questionnaire and collect the data.	
4	Dr. Kamran Ishfaq	Set the formate and reference citation.	